



## **Greek Zucchini Fritters with Garlic Yogurt**



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## Introduction

Greek Zucchini Fritters, known as Kolokithokeftedes, are a delightful way to enjoy seasonal produce. These crispy, savory fritters are packed with flavor and are perfect as an appetizer or a side dish. They're traditionally served with a refreshing garlic yogurt sauce that complements the zucchini's subtle sweetness. Easy to prepare and incredibly satisfying, these fritters make for an excellent addition to any meal.

## Detailed Ingredients with measures

Zucchini: 1 pound, grated  
Salt: 1 teaspoon  
All-purpose flour: 1/2 cup  
Feta cheese: 1/2 cup, crumbled  
Parsley: 1/4 cup, chopped  
Egg: 1 large, beaten  
Black pepper: to taste  
Olive oil: for frying

For the garlic yogurt sauce:  
Greek yogurt: 1 cup  
Garlic: 2 cloves, minced  
Lemon juice: 1 tablespoon  
Salt: to taste

## **Prep Time**

20 minutes

## **Cook Time, Total Time, Yield**

Cook Time: 15 minutes

Total Time: 35 minutes

Yield: 4 servings





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## Detailed Directions and Instructions

### Step 1: Prepare the Zucchini

Grate 1 pound of zucchini and place it in a clean kitchen towel. Squeeze the towel to remove excess moisture from the zucchini.

### Step 2: Combine Ingredients

In a large bowl, combine the drained zucchini, 1 cup of all-purpose flour, 1/2 cup of crumbled feta cheese, 2 large eggs, 1/4 cup of finely chopped fresh parsley, 2 cloves of minced garlic, 1 teaspoon of baking powder, and salt and pepper to taste. Mix until well combined.

### Step 3: Heat the Oil

In a large skillet, heat 1/4 inch of vegetable oil over medium heat until hot.

### Step 4: Form the Fritters

Scoop about 1/4 cup of the zucchini mixture and form it into a patty. Repeat with the remaining mixture, ensuring not to overcrowd the skillet.

See also [Strawberry Cheesecake Cookies](#)

### Step 5: Fry the Fritters

Carefully place the patties in the hot oil and fry until golden brown, about 3-4 minutes on each side. Adjust heat as necessary to prevent burning.

**Step 6: Drain the Fritters**

Once cooked, transfer the fritters to a paper towel-lined plate to drain excess oil.

**Step 7: Prepare the Garlic Yogurt**

In a small bowl, mix 1 cup of plain yogurt with 1 clove of minced garlic, and salt to taste. Stir well to combine.

**Step 8: Serve**

Serve the zucchini fritters warm, accompanied by the garlic yogurt for dipping.

## Notes

**Note 1: Zucchini Variety**

You can use either green or yellow zucchini for this recipe, depending on your preference.

**Note 2: Make Ahead**

The fritter mixture can be prepared in advance and stored in the refrigerator for up to one day before frying.

**Note 3: Serving Suggestions**

These fritters can be served as an appetizer, side dish, or even a light main course paired with a salad.



**Note 4: Storage**

Leftover fritters can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in a skillet before serving.



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## Cook techniques

### Grating Zucchini

Grate zucchini using a box grater or food processor to achieve fine shreds. This enhances the texture and helps the moisture release.

### Draining Excess Moisture

After grating, place the zucchini in a clean kitchen towel or cheesecloth and squeeze out as much moisture as possible. This step is crucial for achieving a crispy fritter.

### Mixing Ingredients

Combine the drained zucchini with other ingredients like flour, eggs, and herbs. Mix gently until just combined to maintain the fritter's texture.

See also Crockpot Creamy Potato & Hamburger Soup

### Heating Oil

Use a deep skillet or frying pan, and heat oil over medium heat. The oil should be hot enough that a small piece of batter sizzles upon contact.

### Frying Fritters

Drop spoonfuls of the batter into the hot oil, being careful not to overcrowd the pan. Fry until golden brown on each side, which adds flavor and crispiness.

## FAQ

### **Can I bake these fritters instead of frying them?**

Yes, you can bake the fritters on a parchment-lined baking sheet at a high temperature, but they may not be as crispy as the fried version.

### **What type of yogurt is best for serving?**

A thick Greek yogurt works well for dipping, but you can also use regular yogurt or a dairy-free alternative based on your dietary preferences.

### **How can I store leftover fritters?**

Store leftover fritters in an airtight container in the refrigerator for up to 3 days. Reheat in the oven or on a skillet to regain crispiness.

### **Can I make these fritters gluten-free?**

Yes, substitute regular flour with a gluten-free flour blend to make the fritters gluten-free.

### **What can I add for extra flavor?**

Consider adding garlic, onion, or spices such as cumin or paprika to the batter for an enhanced flavor profile.



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## Conclusion

The Greek Zucchini Fritters are a delightful and versatile dish that perfectly marries the fresh flavors of zucchini with the creamy tang of garlic yogurt. This dish is not only easy to prepare but also a fantastic way to enjoy a healthy snack or appetizer. Whether served as part of a meze platter or as a side dish, these fritters promise to impress with their crispy exterior and soft, flavorful interior.

See also Caramel Apple Baked Oatmeal

## More recipes suggestions and combination

### Serve with Tzatziki

Pair the fritters with tzatziki for a refreshing dip that complements the flavors beautifully.

### Mix with Feta Cheese

Incorporate crumbled feta cheese into the batter for added creaminess and a salty kick.

### Herbed Yogurt Sauce

Create an herbed yogurt sauce using dill, mint, and parsley for an aromatic twist.

### Add Fresh Herbs

Experiment by adding fresh herbs like dill or parsley into the fritter mixture for enhanced flavor.

### **Roasted Red Peppers**

Chop and mix roasted red peppers into the batter for a sweet and smoky undertone.

### **Serve with Lemon Wedges**

Add a squeeze of lemon juice right before eating for a bright and zesty finish.

### **Quinoa Salad Side**

Serve alongside a quinoa salad for a wholesome and satisfying meal.

### **Pair with Grilled Vegetables**

Complement the fritters with a side of charred grilled vegetables for a colorful plate.

### **Crumbled Olives**

Incorporate chopped olives into the mix for a briny, Mediterranean punch.



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